

# PETALUMA PEER RECOVERY PROJECT

## GROUP SCHEDULE: JULY 2016

|                     | MONDAY   | WEDNESDAY  | THURSDAY  |
|---------------------|--|--|---|
| <b>ALL DAY</b>      | Open Art Studio<br>Open Journaling & Creative Writing Nook | Open Art Studio<br>Open Journaling & Creative Writing Nook | Open Art Studio<br>Open Journaling & Creative Writing Nook  |
| <b>10 – 10:30</b>   | Community Tea Time   | Community Tea Time   | Community Tea Time  |
| <b>10:30–11:30</b>  | Peer Discussion  | Peer Discussion  | Peer Discussion   |
| <b>11:30 – 1:00</b> |  |  | <b>Rotating Group</b><br><b>1<sup>st</sup> Thurs:</b><br>Guest Presentation<br><b>2<sup>nd</sup> Thurs:</b><br>Spirituality in Recovery<br><b>3<sup>rd</sup> Thurs:</b><br><i>Paws Forward:</i><br>Pet Therapy Talk<br><b>4<sup>th</sup> Thurs:</b><br>Community Lunch<br><b>5<sup>th</sup> Thurs:</b><br>Drum Circle |
| <b>12:30 – 1:30</b> |  | Pathways   |   |
| <b>1:30 – 2:30</b>  | Safety Zone for Thoughts                                   | Family Survival Guide                                      | Calming Our Anxiety   |

ONE-ON-ONE  
PEER COUNSELING

SUPPORT WITH  
RESOURCE  
NAVIGATION

PPRP

1360 N. McDowell Blvd. Ste. A  
Petaluma, Ca. 94954  
(707) 769-5299  
email: pprp@gire.org

OPEN

10 AM – 3 PM  
MONDAY  
WEDNESDAY  
THURSDAY

**Open Art Studio:** This space creates the opportunity to socialize with peers while expressing ourselves through paint, spin art, sketching and drawing, & more. Explore through creativity! Many mediums available.

**Open Journaling & Creative Writing Nook:** Come in to journal, write a poem, create a tale of wonder, or express yourself in the way you feel comfortable. Journaling is a personal and private way to communicate honestly, explore your feelings and check in with yourself. Creative writing is a way to explore the undercurrents of your thoughts, realize potential interests, and delve into the depths of your personal view of yourself and the world.

**Community Tea Time:** Each morning, we gather to check-in with ourselves and each other, and discuss our recent experiences, our goals for the day, and more. Tea provided, & you are welcome to bring your own preferred morning beverage.

**Peer Discussion:** Please join us as we pick a topic or two and share our insights with each other. If you would like, bring a topic you would like to discuss and/or present to the group.

**Spirituality in Recovery:** For many, spirituality is an important part to recovery. The intention of this group is to provide a safe, non-judgmental, and open space. Here we can discuss our personal spiritual practices, how they may help us overcome challenges, and share experiences that spirituality brings into our lives.

**Paws Forward: Pet Therapy Talk:** Having a pet as a companion can be a transformative experience. Together, we discuss the different kinds of pets, the steps it takes to have a pet, the responsibilities of being a pet parent, alternatives to having a pet, and the joys of having an animal (or animals) in our lives.

**Community Lunch:** PPRP provides lunch for our participants in gratitude for our blossoming community of peers! If you'd like, bring a potluck dish to share.

**Drum Circle:** No experience necessary, just a willingness to have fun in a creative and healing way! We have a number of drums here at PPRP, and you are welcome to bring your own drum or other small instrument (ex. tambourine, maracas, triangle, harmonica, etc.).

**Pathways:** Life's journey includes a range of trails to choose from, and each path is unique. This group is intended to be an open space to discuss our individual unique pathways and the winds and hills they each entail. Together we may learn to enjoy the ride, and explore cycles of our journey, deeper meaning to our experiences, and the understanding of the coming and passing of our experiences.

**Safety Zone for Thoughts:** It is not unusual for those of us who have "extreme thought" experiences to feel isolated, and to sometimes have great difficulty communicating with others – especially when our reality does not match that embraced by others. These experiences may be informative and comforting, as well as confusing and disorienting. This group provides a safe place for us to support each other on our journeys of self-discovery and understanding.

**Family Survival Guide:** For many, living with our families or having close family and friends be a part of our lives out of necessity can sometimes be the only available option. This can lead to a number of stressful situations. We may sometimes feel that we cannot talk about these issues with our families for fear of opening up old wounds. This group is meant to provide a safe place to air out these issues without creating deeper trauma in the family.

**Calming Our Anxiety:** We gather to better understand anxiety, and explore different types and causes of anxiety. We discuss a spectrum of anxious feeling, from that manifested within ourselves and our thoughts, to reactions to certain surroundings. We explore many different ways to diffuse our feelings of extreme unease and anxiety.